

Strong Families : Healthy Children

The Manitoba CAPC Coalition

Manitoba CAPC Projects

Aboriginal Health & Wellness Centre *Winnipeg*

Andrews Street Family Centre *Winnipeg*

Child Family Resource Centre *Cranberry Portage*

Futures *Thompson*

Growing Years *Selkirk*

In a Good Way *Brandon*

Interagency FAS/E Program *Winnipeg*

Laurel Centre *Winnipeg*

Manitoba Association of Women's Shelters *Province-wide*

Pluri-Elles *St. Boniface*

The Pas Family Resource Centre *The Pas*

Wahbung Abinoonjiiag *Winnipeg*

Wolseley Family Place *Winnipeg*

Young Parents Resource Centre *Portage la Prairie*

The Manitoba Community Action Program for Children (CAPC) Coalition is a partnership of Manitoba projects receiving CAPC funding from Health Canada: Population & Public Health Branch. CAPC provides long term funding to community organizations to deliver programs that enhance the well-being of children (0-6 years) living in conditions of risk. CAPC recognizes that communities have the ability to identify and respond to the needs of children and places a strong emphasis on partnerships and community capacity building.



CAPC projects in Manitoba have been established as individual responses to community needs, and address the needs of children and families living in conditions of risk. Five projects are organized within a family resource centre model. The other projects are more specialized in nature, addressing issues such as: fetal

alcohol spectrum disorder (FASD), family violence, teenage pregnancy prevention and Aboriginal health. Seven of the 14 CAPC projects are located within the city of Winnipeg, with the remaining seven throughout the province.

Program activities seek to enhance:

- ◆ parent life skills;
- ◆ parenting skills;
- ◆ access to services and resources;
- ◆ child development;
- ◆ youth development;
- ◆ Aboriginal culture;
- ◆ community development; and
- ◆ knowledge of Fetal Alcohol Spectrum Disorder (FASD).

Our Shared Commitments

All CAPC projects share a commitment to our Guiding Principles and Key Values. These principles and values guide all of our programming.

Guiding Principles:

- ◆ Children First
- ◆ Equity & Accessibility
- ◆ Community Based
- ◆ Strengthening & Supporting Families
- ◆ Flexibility
- ◆ Partnerships

Key Values:

- ◆ Supportive Environments
- ◆ Participation/ Involvement
- ◆ Capacity Building
- ◆ Social Action

CAPC'S Reach

During 2003, Manitoba CAPC programs recorded the following:

CAPC participants come from households facing multiple challenges. According to 2003 statistics, the percentage of CAPC families where parents:

Did not complete Grade 12:	63%
Receive Social Assistance:	73%
Moved within the last year	50%
Are single parents:	63%
Have a family income of less than \$15,000:	67%

Registered Programs

Number of individuals attending:	3442
Total visits:	33,978
Total visits by children (0-6):	15,551
Total visits by adults:	10,889
Total visits by youth (7-17)	7,538
% of adults who are parents:	93%

All Programs:

Total number of visits:	624,752
Total visits by children (0-6):	27,443
Total visits by youth (7-17):	47,259
Total visits by adults:	550,050

Geographic Area:

The proportion of CAPC projects serving the following geographic communities:

Urban:	79%
Rural:	36%
Isolated:	7%
Province-wide:	7%
Number of communities served:	39

Networking:

All CAPC projects are firmly established in their communities and set a priority on networking. For example, over 3/4 of projects network with:

Parents Groups	Health Clinics
Schools	Child Welfare
Child Care Centres	Public Health
Family Support Programs	
Other Community Groups	



"I'm not as involved as I was in the past because I got the help to really be empowered. . . Like, I started realizing my potential and that I was intelligent enough to finish school. And they, no, I learned, how I had competence in my parenting." abilities."

Manitoba CAPC & the Determinants of Health

Manitoba CAPC Projects directly impact on the Determinants of Health. Determinants of Health are the range of factors which determines the health status of individuals. We have outlined the 12 determinants and a quote from CAPC projects showing how we address them.

Income and Social Status

"Through the support of CAPC, I enrolled in upgrading and received funding to pursue a career of my choice."

Social Support Networks

"If this place wasn't around the past five years, I wouldn't be where I am today, supported, having a job and my child."

Education

"I am no longer on welfare, CAPC has supported me to enroll at University and pursue a career in Social Work."

Employment and Working Conditions

"It has also built more strength in me to handle situations and helped me gain employment."

Social Environments

"Trust in the CAPC program means there's trust in the community."

Physical Environments

"We finally have security at night, the drug houses have been shut down. It just feels safer for our kids here now. I'm really hopeful - things are starting to get better."

Personal Health Practices and Coping Skills

"I listen to my children and I take care of them and myself more."

Healthy Child Development

"My children have been made to feel valuable and worthwhile and intelligent."

Culture

"If it wasn't for CAPC, I would not be sober and taking care of my children. The [cultural] ceremonies really help me to want to live in a good way and be there for my children."

Gender

"Through the home visits, I learned that I do not have to live in an abusive relationship."

Health Services

"CAPC supported me by arranging a healthy child assessment for my children. I learned that it is important to have a pediatrician look after the health care needs of my children."

Biology and Genetic Endowment

"I hope that my doing things differently (i.e., not drinking during pregnancy) means my younger children won't struggle the way my older children have."

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